

# Fitness Trail

## Station 2



### Figure 8's – 10 left, 10 right

1. Stand perpendicular to the wall with left leg closest to the wall.
2. Bring right foot around to the front, drawing a circle from the inside out. Then move the foot back, drawing a circle in the opposite direction. Imagine drawing a figure eight with your right foot going in front of and behind your left leg. Do ten times.
3. Switch legs and repeat.